

Thumbnail:



Script:

Almost-instant hip pain relief that's fun and effortless with 0 prep?!

This exercise is one of a handful I'm aware of in which you can literally take a band off the shelf and start strengthening your hip flexors.

And it is called lying hip flexor band strengthening.

It's designed to target the gluteus maximus and the hamstrings, for mobility and range of motion.

Get the full scoop on how to do this exercise 🙌🙌🙌

Caption:

So you do struggle with walking up stairs and posture, since you have hip flexor pain, huh?

No worries, luckily you got me! (the best physical therapist ofc)

Just:

Place a mini band around your feet attached to a firm object.

Maintain a neutral back

Drive your knee up to parallel and slowly lower your back to the start position

Get ready to strut in no time.

Any questions? Shoot em'

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#hipmobility #spinemobility #shouldermobility #thoracicspine #healthyspine #stretchingroutine
#flexibilityroutine #mobilityroutine #movebetter #lowbackpain #mobilitywarmup #stretching
#flexibility #mobility #stability #physicaltherapy #backpain #functionalrangeconditioning
#spinehealth #thoracicmobility